



## HEALTH 1

Name: \_\_\_\_\_

Grade/Section: \_\_\_\_\_

Click Red if the statement shows taking care of your eyes and blue if not.

- |   |     |                          |
|---|-----|--------------------------|
| 1. Wear sunglasses on bright days.  | 1.  | <input type="checkbox"/> |
| 2. Read inside a moving vehicle.  | 2.  | <input type="checkbox"/> |
| 3. Avoid spending too much time looking at the computer screen.             | 3.  | <input type="checkbox"/> |
| 4. Carrots are helpful in maintaining healthy eyes.                         | 4.  | <input type="checkbox"/> |
| 5. Exercise your eyes.  | 5.  | <input type="checkbox"/> |
| 6. Our eyes are the part of our body that help us see everything around us. | 6.  | <input type="checkbox"/> |
| 7. Read in dim light.   | 7.  | <input type="checkbox"/> |
| 8. The eyes are our windows to the world.                                   | 8.  | <input type="checkbox"/> |
| 9. Look directly at bright light.   | 9.  | <input type="checkbox"/> |
| 10. Do not expose the eyes to the sun's rays.                               | 10. | <input type="checkbox"/> |
| 11. Our eyes are very precious, we have to take care of them.               | 11. | <input type="checkbox"/> |
| 12. Turn on the light when it's getting dark.                               | 12. | <input type="checkbox"/> |